

RESULTS: The Munster U14-U15 & U9-U11 Boys Team was down for decision last weekend and the club did exceptionally well. Ger Browne claimed two bronze medals on Sunday showing continued improvement in the shot with a throw of 11.18 and a new PB and 26.30 in the Javelin. Mary Doody also grabbed third spot in the High Jump with a jump of 1.40m. Mary also made the final of the 75m hurdles running 14.97 to claimed 8th spot and 28.63s in the 200m. At the younger ages Sean Kennedy and Daragh Leen were the perfect pair in the sprint and long jump winning gold in both events in the U9 age group. Their times of 9.60 and 10.06 and their huge jumps of 3.49m and 2.92m were more than enough to pull them in the gold position. Well done to both lads. The boys teamed up with Niall Fitzmaurice and Cian Purcell to claim the silver spot in the 4x100m relay in the tightest of finishes. Cian and Niall also teamed up in the sprints to come 12th (11.21s/10.80s) overall and 6th overall in the long jump (2.66m/2.82m). Our other medalists at the younger ages were Sean Quilter and Cian Morgan in the Ball Throw taking 3rd spot with throws of 27.52m and 28.29m. Luke O'Carroll and Sean Quilter teamed up for the U10 sprint coming 15th. Cian and Luke were 8th in the Long Jump. The three U10 lads drafted in Sean Kennedy for their relay which made the final on the day. In the U11 age group Dominic Craig and Rory O'Kelly teamed up to 16th in the sprint. Cathal McLoughlin and Jack Mc Grath teamed up for the 600m to come 8th overall. Cathal and Rory were 11th in the Long Jump and Jack and Dominic were 11th in the Long Jump. The for lads narrowly missed out on qualifying for the relay final.

Orna Foley has been showing tremendous form of late though outside the medals she was 5th in the High Jump with 1.35, ran 29.61 in the 200m in the U14 age group. Also showing huge potential are Clara Heinrich and Courtney Ryan. Clara made the final of the 200m by qualifying as fastest loser in a time of 28.02 but a bad start hampered her race in the final where she ran 28.99s. Courtney was unlucky not to qualify in the hurdles earlier in the day and turned in an impressive display in the High Jump with 1.35 coming 6th. Jack Morgan has been making his come back this year and again showing he still has huge potential. Jack was 6th in the shot with 8.71m and was 2nd in his heat in the 200m 28.14s but the Kerry match meant he had to withdraw from the final. Cormac Coffey is also one of our former athletes making a comeback. He made the final of the 200m and ran a fast time of 26.19s to come 6th overall. Also running a very fast 200m in the heats was Adam Barrett running 26.86s but narrowly missed out on qualifying. He also was 6th in the 1500m earlier on in the day running 4.56.65. Eoin Dillane also ran a good 200m running 30.83s. Fiona Kavanagh was also impressive in her debut at the 1500m running 5.35.74 to come 9th overall. Sean Fitzmaurice was also in good form on the day and one to watch for the future.

On Saturday our older athletes were very impressive at the All-Ireland schools with Eoin O'Carroll particularly impressive with double gold in the triple jump and long jump. His two massive jumps of 13.64m and 6.63m were both PBs and very close to the current records. Sinead O'Connor had a PB in the long jump with 5.52m to come 4th and claimed silver in the triple jump with 10.68. Other athletes to impress were Conor O'Mathony with a PB in the 800m with a new PB of 2.09 to come 4th. David Kavanagh continues to improve also running 2.12 in the same race. Michael Godley did well at the long jump and Phillippe Barnet also had a PB in the javelin throwing over 41m

TRAINING: For juveniles, U9-U11 ages will train in the ITT on Tuesday and in Castleisland on Thursday at 7pm. The U12 upwards ages will train in the ITT on Tuesday and Thursday in Castleisland at 7pm.

FIXTURES: Munster U9-U11 Girls & U14-U15 T&F Championships Sun 13th June Castleisland; Munster U12-U13 & U16-U19 T&F Championships Cork 19th/20th June, Kerry Community Games 26th/27th June, Tailteann Games Sat 26th June, AAI Juniors & U23 T&F Championships.

FIT4LIFE: Please refer to our website www.traleeharriers.com for details on this or alternatively contact Jerry O'Sullivan at 085-1085735.